

Exercise Tips for the Holidays

Get the whole family involved in physical activity during the holiday season:

- Shop your way to fitness by walking briskly around the mall.
- Park in the last row of the parking lot, adding minutes of walking to your day.
- Use layovers or delays at the airport as walking time.
- Holiday decorating and house cleaning burn calories.
- Walk around the neighborhood to see the decorations.
- Hide the remote control--make yourself walk back and forth to change TV channels.
- Go for a group walk after finishing the holiday dinner.

For more information on physical activity visit: <http://www.dhss.mo.gov/PhysicalActivity/>